

**HELLO FRIEND!**



**MY NAME IS MARCUS RASHFORD AND I'M A PROFESSIONAL FOOTBALLER FOR MANCHESTER UNITED AND THE ENGLAND NATIONAL TEAM.**

I'm also an author now, which feels weird because I only started reading for fun in my late teenage years! I really enjoy working on books – you may have read my first book, *You Are a Champion*, which was all about showing kids (and adults) how to be the best they can be.

For me, a good book can be like a key that unlocks doors in your mind.

It can teach you new things and

show you new ways to look

at the world. So in *You Are*

*a Champion*, I decided to

collect as much of the stuff

I've learned over my

years playing football,

championing others

and doing all sorts of other

things, and put it all in one place for

someone else – like you – to enjoy.

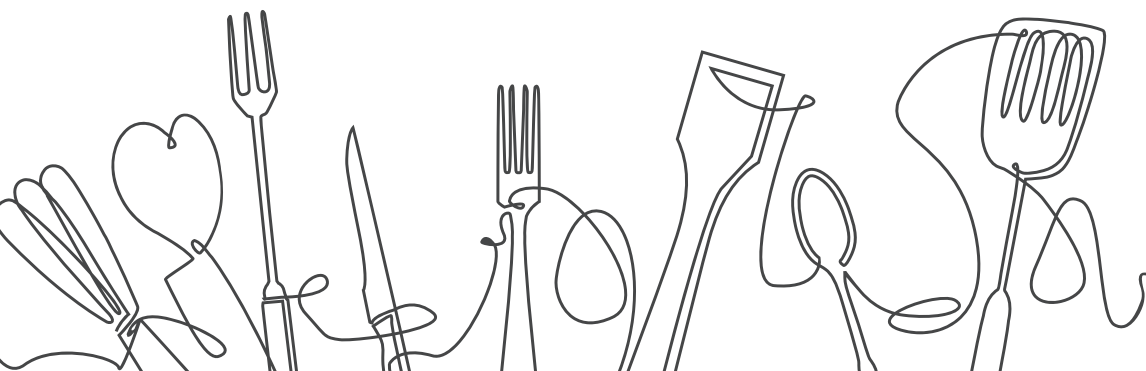


I really enjoyed writing *You Are a Champion*, and it was amazing to see the reactions of so many people who read it. And if you've already read that book, I'd just like to say thank you one more time. I hope you liked it, and I hope it helps you on your journey through life.

A lot of people have asked me questions about things that I described in that book, particularly the anti-food-poverty project I did across much of 2020. All of these questions, and hearing that people wanted to know more, inspired me to start thinking about what I could write next. I thought that if *You Are a Champion* was all about showing people that they are filled to the brim with potential, then my next book – **this book that you are holding right now** – should be about showing people how they can use their talents to do something amazing. To make a difference in the world around them.

I've been really fortunate in my life. I get to use my football talents nearly every day for a club and a country that I love. I've also been able to take some of my skills for working in a team to things away from football, like my anti-food-poverty project.

Football and helping others are two of my biggest passions in life, and with this book I want to show you that your passions can lead you to incredible places, and to meet the most incredible people.



The Covid-19 pandemic was a difficult time for a lot of people. We all had to stay at home under lockdown in early 2020, and it got me thinking about the millions of households in the country who might need some help putting food on the table. As you'll learn later in this book, my mum often needed a little help when I was a child, and I started to wonder how I might go about helping the next generation who were having a tough time. That process set me on a journey that led me to work with some inspiring and generous people who all grouped together to help millions of families in the UK. I'll tell you more about all that later on in this book, but what I want you to know right now is this:

## **FOLLOWING UP ON THE THINGS YOU CARE ABOUT CAN ONE DAY HELP TO CHANGE THE WORLD.**

Everyone in this world has their own unique journey in life, and your passions will help you navigate your future. They can help you to find something you believe in and to find your voice, and can show you how you can make a real difference – both to you, your friends and, ultimately, the community around you.

How someone uses their voice is completely unique to them, and I don't want you to think that I'm asking you to go out there and change

the world right now, all by yourself. Finding your voice can be as simple as being a bit more confident in sharing something you enjoy, or standing up for a friend who is in need. Making a difference can be as small as recycling a can of cola after you've drunk it. Even the smallest changes can make the biggest difference – small steps lead to something amazing. And you don't have to do it all by yourself.

As I've got older and more and more incredible things have happened in my life, I've realised that everyone has the potential within them to do brilliant things, but that their brilliance has much more impact when they use it to work together with other people.

## **SO THAT'S WHAT THIS BOOK IS ALL ABOUT:** **WORKING TOGETHER.**

This book is called *You Can Do It*. It follows on from my book *You Are a Champion*, but in this book when I say YOU, I mean not just one person but LOADS of people at the same time. Loads of different champions, all working together to take care of each other and of causes they find are important to them.

The book you are holding is going to be full of advice about how you can look after yourself and find your place in the world. It's also going to show you that the best place for you in the world is working as part of a team.

THIS BOOK IS ALL **YOU**.  
YOUR GROUP. YOUR FAMILY.  
YOUR FRIENDS. YOUR  
CLASSMATES. YOUR COMMUNITY.  
YOUR WORLD. YOUR TEAM.

Within you right now is the most incredible energy that could one day make a huge difference in this world, but in order to do that, you're going to need to get a little help from others.

You're also going to have to help other people.

This book is my way of helping you on your journey to finding your voice and the things that are important to you. It's a big wide world out there, and the things that you like and that inspire *you* may not be the same as for everyone else.

That's ok. I don't want you to worry. There's no such thing as normal, and what's important is that you feel confident, cared for, and are happy on whatever journey you might be on.

I also want you to know that because there's no such thing as normal, you don't need to be scared or weirded out by seeing anyone doing

anything a bit different from what you do. Part of working in a group and living in a community is realising that everyone is a bit different, and you will learn to embrace that difference and use it for the greater good of everyone.

**BECAUSE THAT'S WHO I WOULD REALLY  
LIKE YOU TO THINK ABOUT WHEN  
READING THIS BOOK: EVERYONE.**

Another thing I really like about books is how there is nearly always someone else who has read the same book as you. Take a moment and think about that. There is someone out there in the world who has read the exact same sentence that you are reading right now. You might meet them one day. Or you might not. But I would like you to think about that other person from time to time. Think about what their hopes might be, what their dreams are, and the community they might be a part of.

Then, I want you to have a think about what might happen if you worked together on something you both care about loads.

Because that's where the magic happens.

That's how you go from thinking about YOU as being just one person, to YOU being one person who is part of a group.

This book is my attempt to collect and share loads of lessons that I have learned from working with other people. Picking up their advice and guidance about how to work in a team, then combining it all to make something that's helpful for you and your team. Because when you discover how powerful you can be working in a team, you will realise that you can do amazing things and make a real difference in this world.

***SO LET'S FIND OUT ALL THE WAYS IN WHICH YOU CAN DO IT.***

***ANYTHING YOU PUT YOUR MIND TO.***

***TOGETHER.***

***LET'S TURN THE PAGE AND GET STARTED.***

***M.R.***

